564 The Kurup, Nambiyâr, Viyyûr, Mânavallan, Vengôlan, Nelliôden, Adungâdi, Kitâvu, Adiôdi, Âmayengolam, all superior clans, belong, properly speaking, to North Malabar. The Kiriyattil, or Kiriyam, said to be derived from the Sanskrit graham, a house (a doubtful derivation) is the highest of all the clans in South Malabar, and is supposed to comprise or correspond with the group of clans just named of North Malabar. In the old days every Nâyar chief had his Châmavar, or adherents. The Purattu Châma are the *outside* adherents, or the fighters, and so on, and the Akattu Châma are *inside* adherents—clerks and domestics. The clan from which the former were drawn is superior to the latter. The Urâli are said to have been masons; the Pallichans, mancheel* bearers.†

The Vattakkâd clan, whose proper métier is producing gingelly or cocoanut oil with the oil mill, is the lowest of all excepting, I think, the Pallichan. Indeed, in North Malabar, I have frequently been told by Nâyars of the superior clans that they do not admit the Vattakkâd to be Nâyars, and say they have adopted the honorific affix "Nâyar" to their names quite recently. It seems rather [141] odd that this clan, or at any rate one sub-clan of it is almost the tallest and has the finest nasal index, being the only clan whose nasal index is finer than that of the Nambûtiri.

564 582 Union by marriage, or whatever the function may be called, is permissible between most of the other clans, the rule which was noticed already under "Nambûtiris"‡ by which a woman may never unite herself with her inferior, being always observed. That is, she may unite 564 herself with a man of her own clan or with a man of any superior clan, or with a Nambûtiri, an Embrântiri or any other Brâhman, or with one of the small sects coming between the Brâhmans and the Nâyars, but she cannot under any circumstances unite herself with a man of a [264] clan which is inferior to hers. Nor can she eat with [851] others of a clan inferior to hers. A man may, and does [613] without restriction. Her children, by an equal in race and not only in mere social standing, but never by one

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* A mancheel is a conveyance carried on men's shoulders, more like a hammock *slung* on a pole, with a flat covering over it, than a palankeen. The palankeen is unknown in Malabar.

† There is in the Cochin state a clan, Elâyadan, which is practically equal in status to the Nambûtiri.

‡ Madras Government Museum Bulletin, Vol. III, No. 1.

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The Sûdra clan, one of the best, supplies the women servants in the Nambûtiris' houses.

We will now pass to a consideration of the physical measures of some of the clans—men, not women unfortunately. It was impossible to measure the women.

Here are given the averages of the various measures of 186 Nâyars—

25 Kiriattil.	25 Vattakkâd.
25 Úrâli.	25 Purattu Châma.
8 Kurup.	25 Akattu Châma.
22 Nambiyâr.	25 Sûdra.

Note.—Group A, a non-descript group of a few individuals of eight different clans (see "Nambûtiris"—Bulletin, Vol. III, No. I, page 10) is not included here for obvious reasons.

Each index given is the mean of the indices—

	Average of 186 Nâyars.
Stature	165·6
Height, sitting	84·9
Do. kneeling	122·4
Span	175·1
Chest	80·6
Shoulders	40·0
Left cubit	46·2
Left hand, length	18·5
Do. width	8·3
Left middle finger	11·0
Hips	26·0
Left foot, length	25·4
Do. width	8·8
Cephalic length	19·2
Do. width	14·1
Do. index	73·1
Bigoniac	10·4
Bizygomatic	13·1
Maxillo-zygomatic index	80·1
Nasal height	4·8
Do. width	3·6
Do. index	76·8
Vertex to tragus	13·1
Do. to chin	19·7
Middle finger to patella	10·1

The physical characteristics of each clan separately will be given first. This table will enable us to see at a glance how the measures of any particular clan differ

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from those of the average Nâyar; also how the averages compare with the Nambûtiri.

But, before doing this, we will exclude the endogamous clans—the Ùrâli (wholly endogamous) and the Vattakkâd (partly endogamous), and take the averages of all the others. It will be observed that exclusion of these two, who are each units apart from each other, and the first from all the others here dealt with, leaves the averages of all those who intermingle much the same as before, when the Ùrâli and Vattakkâd were included. It cannot be said that exclusion of these two bring the measures of the others any nearer to those of the Nambûtiri, whose blood is in constant process of mixture with the others, but not at all with the Úrâli and not much with the Vattakkâd. It must, however, be remembered that there are about 39 Nâyars to every Nambûtiri in Malabar, and that the latter does not waive his opportunities to disperse his favours amongst the Nâyar ladies.

The Úrâli and the Vattakkâd are not the only clans wholly or partly endogamous, but they are the only clans wholly or partly endogamous which have been examined thoroughly by me. The Attikkurissi clan is also endogamous, and there may be others.

Note.—Individuals in the constabulary are excluded from all the tables, their measures being as a matter of course above the averages for their caste or clan.

	Averages of 136 Nâyars, Vattakkâd and Úrâli excluded.
Stature	165·7
Height, sitting	85·1
Do. kneeling	122·7
Span	175·3
Chest	80·4
Shoulders	40·0
Left cubit	46·2
Left hand, length	18·6
Do. width	8·0
Left middle finger...	10·9
Hips	25·9
Left foot, length	25·5
Do. width	8·8
Cephalic length	19·3
Do. width	14·1
Do. index	72·9

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	Average of 136 Nâyars, Vattakkâd and Urâli excluded.
Bigoniac	10·4
Bizygomatic	13·0
Maxillo-zygomatic index	80·0
Nasal height	4·8
Do. width	3·7
Do. index	77·6
Vertex to tragus	13·1
Do. to chin	19·7
Middle finger to patella	10·0

KIRIATTIL NÂYARS.

Ages ranging between 22 and 52.	Maximum.	Minimum.	Average of 25.	To stature = 100.	Remarks.
Stature, height ...	175·2	155 1	165·3	...	
Height, sitting ...	89·7	80·4	84·3	51·0	
Do. kneeling ...	129·5	113·8	122·0	73·8	
Span	186·0	160·4	174·3	105·4	
Chest	87·6	75·0	78·2	47·3	
Shoulders	42·8	37·7	39·4	23·8	
Left cubit	47·8	42·7	45·9	27·8	
Left hand, length ...	19·5	16·6	18·3	11·1	
Do. width ...	8·6	7·6	8·2	44·3	To left hand, length = 100.
Left middle finger ...	11·5	9·1	10·7	57·8	To left hand, length = 100.
Hips	27·9	24·4	26·0	15·7	
Left foot, length ...	26·8	23·2	25·3	15·3	
Do. width ...	9·8	8·0	8·8	13·9	
Cephalic length ...	20·1	17·5	19·0	11·5	
Do. width ...	14·6	13·3	13·9	...	
Do. index ...	80·0	69·0	73·1	...	
Bigoniac	11·3	9·1	10·4	...	
Bizygomatic ...	14·1	12·2	13·0	...	
Maxillo-zygomatic index.	84·8	73·4	80·1	...	
Nasal height ...	5·1	4·2	4·7	...	There are 8 whose nasal height is 5 and over.
Do. width	4·4	3·2	3·7	...	
Do. index	102·3	66·7	78·8	...	
Vertex to tragus ...	14·4	12·0	12·9	7·8	
Do. to chin ...	20·8	17·5	19·2	11·6	
Middle finger to patella.	14·7	5·5	9·7	5·86	

141 *564 *Face.*—Supraciliary arches prominent in two. Face of one distinctly pyramidal; in two others it was rather so. In one the broadest part of the head was immediately behind the ears, low down.

Figure.—Fifteen are noted slight, four as slight to medium, five as medium. Two were marked as powerfully built.

142 302 *564 *Hair.*—An oval patch of hair on the vertex remains; the rest of the head, the face and body are always shaved. A moustache is never worn. The men are always clean shaven except during mourning for a near relative, when the razor is not used for a year. The hair on the vertex is allowed to grow long, and well treated with oil, looks glossy and black, is tied in a knot which hangs over the forehead or to one side of the head at the pleasure of the wearer. As a rule the hair on the head is plentiful and wavy, while in a few it is very thick. About 20 per cent. of those examined had scanty hair on the head. The following facts were recorded:—

142 *564 A man of 50 had a few gray hairs.

A man of 49 had hair distinctly gray: on the face, white when sprouting.

A man of 52 had a few white hairs on the sternum; not on the head.

Baldness is uncommon; and, though old age does not overtake them too early, it has been noted that one man of 40 looked about 60.

[302] Gingelly oil is commonly used for the hair, but its use for the hair is said by some to have certain effects on the body. One man said he used cocoanut oil because, if he used the other, he would get boils all over his body [827] and suffer from headaches. It is usual to oil the head profusely during the month Karkadagam * "in order to cool the body."

Hair on the chest and arms.—As a rule the growth is slight to very slight in 14 out of 25, while in the remaining 11 it is moderate.

On the legs.—In 20 per cent. it was slight; in the rest moderate or thick.

*[564] [302] [305] *Note.*—Men never shave themselves. With the exception of the oval patch on the crown of the head, about 7½ inches long and 5½ inches wide where the hair is allowed to grow long, all hair on the head, face, chest, abdomen, armpits, wrists and about the pubes is shaved by the barber. The back is not shaved, nor the legs: the arms sometimes, but not always. A few do not shave the chest.

* During the rains.

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Nâyar is affixed as an honorific after the name. Thus one whose name is Gôvindan is called Gôvindan Nâyar.

Taravâd name.	Name.	Occupation.	Age
Manjôli	Gôvindan	Domestic servant ...	30
Kêdôth	Karunâkaran ...	Milk seller	34
Chuliotkoloḍi ...	Ithapu	Cultivator	32
Puliakôth	Kêlu	Do.	27
Kurunthal	Narrâinan	Do.	35
Kazhaparambath ...	Shankaren	Do.	32
Etalakandiel	Kêlu	Servant	22
Thanikât	Cherukutti	Do.	25
Thattatath	Chekkunni	Peon	35
Nambidivîttil	Kunhunni	Cultivator	50
Nadaviladatha	Chandukutti ...	Do.	25
Tuthenvîttil	Vêlu	Writer	24
Thekakamukal	Râmuni	Cultivator	22
Kulangarathathil ...	Kannan	Do.	37
Kizhukalangot	Gôvindan	Do.	25
Pîtôli	Râmuni	Do.	36
Puliakôth	Kôman	Do.	25
Edakapura	Râ rappan	Peon	46

There seems to be a distinct or specific name for every garden, every acre of land in Malabar, whether in the forest or cultivated, whether enclosed or not. We shall hear of this again when we come to speak of the jungle people, some of whom change their name, their *house* or Taravâd name, as they change their residence from one place to another, always calling themselves after the land on which they are at the time living. Others again cling to the name which is that of the land whence the family has sprung, so to speak.

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That the Taravâd name of the Nâyar is that of the land is tolerably evident. Contrary to the rule in Southern India there is, in Malabar, absolute proprietorship of land; and the land, the family house built on it, the land wherein lie the ashes of the ancestors, and the family itself are all included in the meaning of the word Taravâd.

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URÂLI NÂYARS: ENDOGAMOUS.

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Ages ranging between 20 and 45.	Maximum.	Minimum.	Averages of 25.	To stature = 100.	Remarks
Stature	180·8	152·2	163·1	...	
Height, sitting	89·9	79·1	84·2	51·6	
Do. kneeling ...	135·3	113·3	● 120·8	74·0	● 120·75
Span	193·0	161·7	171·3	105·0	

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ÚRÂLI NÂYARS—*cont.*

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Ages ranging between 20 and 45.	Maximum.	Minimum.	Averages of 25.	To stature = 100.	Remarks.
Chest	88·0	77·4	81·2	49·8	
Shoulders	43·7	36·8	39·7	24·3	
Left cubit	51·4	41·6	45·2	27·7	
Left hand length ...	20·5	17·0	17·8	10·9	
Do. width	8·8	7·5	7.9	...	
Left middle finger ...	12·2	9·6	10·7	...	
Hips	29·6	23·7	26·0	15·9	
Left foot length	28·3	23·7	24·7	15·1	
Do. width	9·8	8·2	8·7	...	
Cephalic length	20·4	17·5	19·2	11·8	
Do. width	15·0	13·4	14·0	..	
Do. index	79·0	68·2	72·9	...	
Pigoniac	11·1	10·0	10·5	...	
Bizygomatic	13·7	12·2	13·2	...	
Maxillo-zygomatic index.	84·8	74·1	80·6	...	
Nasal height ...	* 5·3	4·1	4·8	2·94	* There were 6 of 5·0 and over.
Do. width	4·0	3·2	3·6	...	
Do. index	84·4	65·4	75·5	...	
Vertex to tragus	14·2	11·9	12·9	7·9	
Do. to chin	21·2	18·4	19·9	12·2	
Middle finger to patella...	18·7	7·1	11·5	7·05	

Face.—Among the descriptive notes of individuals made when measuring them are these:—

(1) Supraciliary arches, slight. Nasal notch. Chin recedes slightly. Chin square with slight hollow in front.

(2) Nasal bone slightly raised. Nasal notch moderate. Supraciliary arches ditto. Chin pointed.

(3) Head pyramidal. Thick flabby nose. Nasal bone slightly raised.

(4) Forehead moderately high and straight. Supraciliary arches slight. Nasal notch. Nose straight; very slight prognathism. Chin recedes.

(5) Forehead high. Supraciliary arches marked. Lips thick. Nasal notch. Nasal bone slightly raised. Ears small.

(6) Protuberance over the right ear. Forehead markedly prominent. No nasal notch.

As a rule the nose is straight, or the nasal bone is slightly raised. In some cases the nasal notch is deep.

In one individual the broadest part of the head was just *above* the ear.

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In another, the alæ of the nose appear to have become enlarged through taking snuff.

In another, the point of the ear (noticed by Darwin) in the helix ⅓ from the top, was very marked.

One individual of 29 looked at least 40. He had suffered severely from small-pox. [145]

Figure.—The average is slight to medium. One is noted as stout, and another as very strongly built.

Hair.—It has been noticed already (see Nambûtiris. Bulletin, Vol. III, No. I) that the growth of hair on the cheeks is a racial characteristic. In some of the lower races it is entirely absent, while in the Nambûtiris it is constant. About half the Urâli Nâyars examined had a regular growth of hair on the cheeks. 142 564*

On the head.—In all but one the hair on the head, invariably black and glossy, was thick and wavy; in a few, it was very thick or fairly so; and, in the case of three individuals, it was noted as curly. A few grey hairs were noticed in four individuals aged respectively 25, 29, 30, 45; and one young fellow of 20 had a small patch of white hair over the right eyebrow.

Hair on the chest was slight to moderate as a rule, but in 4 individuals it was thick.

Hair on the arms was observed to be slight in 13, and moderate or thick in 12.

In all, the hair on the legs varied between moderate and thick, excepting that in 2 the growth was very thick. One man had shaved his feet, and another had shaved the backs of his hand and his wrists. In a few there was a tolerably thick growth of hair in the small of the back. This is common to all the Nâyars.

Colour of the skin.—In 22 cases in which this was recorded the darkest was No. 43 (Broca's colour types) and the fairest No. 40. Twelve individuals were of No. 29 or fairer, and this (a little fairer than 29) seems to be about the average. A little darker than the Kiriattil.

Colour of the eyes.—8 individuals were of No. 2 (Broca); 6 individuals were of No. 1; 6 individuals between 1 and 2.

Ornaments.—A few of those examined said that men of the clan never wore earrings, though their ears were pierced. There may be some section of the clan who do not; but, as a rule, earrings are worn by those who can afford them. One man indeed said he never wore them, fearing thieves might steal them. Another wore 301 564*

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*301 564 silver earrings called kalluvechcha kadukkan which means an earring set with stone (pushyarâgam—topaz).

(1) Three plain golden rings on ring finger of left hand, the same on the little finger of the same hand, and a thin iron ring on the ring finger of the right hand.

[302] (2) Sandal paste patch over glabella; four stripes of the same on chest; three vertical stripes on each upper arm.

(3) Three golden earrings—the usual kadukkans—[789] in each ear. An amulet in a silver cylindrical case worn on the waist. Inside the case is a charm written on a copper leaf. It is to protect its wearer against the influences of the evil eye.

(4) One tambâk, one plain gold ring on ring finger of the right hand.

[304] (5) Ears pierced. Wears no earrings as he has no money. A dab of sandal paste over the glabella, another over the sternum, and on each shoulder.

163 *Prolificness.*—The clan being endogamous, it will be well to note here the number of children born in 16 fami-*564 lies of those examined. In all there were born 44 male and 35 female children; altogether 79. This gives an average of 4·9 in each family; and of those there were living at the time an average of 4·6 for each family. A figure which is above the average for the Nâyars as a body, be it noted.

● 141 It is perhaps scarcely worth noting that the average weight of four men was 119 lb.

Names of some of those examinad.

613 Taravâd.	Name.	Occupation.	Age.
*564 Mêlapalli	Kêlu Nâyar	Cooly	22
463 Kanjôli	Râman Nâyar ...	Writer	22
Kurundottathil... ...	Krishnan Nâyar ...	Do.	20
551 Puthukûdi	Achutan Nâyar ...	Trade	22
Ponmilli	Krishnan Nâyar ...	Do.	45
115 Kuttakil	Râman Nâyar ...	Cooly	32
Pâyarvîtil	Aiyappen Nâyar ...	Mason	36
Pûvakunial	Châthu Nâyar ...	Cultivator ...	26
Kalathil	Shangaran Nâyar ...	Cooly	25
Korolath	Shangunni Nâyar ...	Do.	22
Pallithotathil	Gôpalan Nâyar ...	Nothing	22
Kûtakkil	Râman Nâyar ...	Cooly	30
Thondil	Appa Nâyar ...	Writer	20

551 Thondi or Thundi was, I think, mentioned by one of the ancient geographers as a port near where this last man lived. This man, therefore, bears the name of the place as it was, probably, in the days of Ptolemy.

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VATTAKKÂD NÂYARS.

There is some obscurity in the sub-divisions of this clan. To the north of Calicut, in Kurumbranâd, they are divided into the Undiâtuna, or "those who pull" (to work the oil machine by hand) and the "Muri-Vechchu-â tune," or "those who tie or fasten bullocks" (to work the oil machine by means of bullocks and not by hand); yet farther north, Tellicherry and thereabouts there are no known sub-divisions; while in Ernâd, to the eastward, these names are quite unknown, and the clan is divided into the "Veluttâtu," the White, and the "Karuttâtu," the Black. It has been remarked already (page 82) that the Vattakkâd (those who turn round) are not always admitted to be true Nâyars. In the extreme north of Malabar they are called Vaniyan—oil monger. The "White" have nothing to do with expression and preparation of oil, which is the hereditary occupation of the Black. The "White" may eat with Nâyars of any clan; the Black can eat with no others outside their own clan. The Black sub-clan is strictly endogamous. The other, the superior sub-clan, is not. Their woman may marry with men of any other clan, the Pallichchan excepted. But not *vice versâ*. The men must marry within their own sub-clan. I think, but am not sure a man of this clan may marry a woman of the Pallichchan clan; but even if such an alliance is permissible anywhere, I do not think it ever takes place. It may be taken as accurate that men of the clan always marry within their own sub-clan, and that women of the superior sub-clan very often mate with Nâyars of superior clans.

In taking the measures I made no distinction between the sub-clans; it was only just before completion that the existence of the sub-clans was discovered. Had the important fact been discovered earlier, the sub-clans would have been separated. Though scarcely enough for scientific accuracy, it is tolerably certain that most, if not all, of those examined were of the superior sub-clan, which is exogamous as regards the women. The inferior section of the clan—the Black—is not to be found north of the Korapuzha river in North Malabar. One quarter of my subjects were measured in North Malabar—Cannanore, Tellicherry, Badagara; and for the rest, in some cases it is noted that the individuals are of the superior section. This accounts pretty correctly for rather more than half. I am tolerably certain that the other half also belonged to it.

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*564 However alert one's discrimination may be, one may fall into possible error as I did here. "What caste do you belong to?" "I am a Nâyar." "What kind of Nâyar?" "I am a Nâyar." It may take some time to let in comprehension that the name of his clan is wanted, then the answer is "I am a good Nâyar" (one of a good or superior clan). At last he will say he is a Sûdra Nâyar, a Kiriyattil or whatever he may be. Again, many claim the Kiriyattil as their clan when they really have no right to do so, being inferior to it.

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Ages ranging between 20 and 62.	Maximum.	Minimum.	Averages of 25.	To stature = 100.
Stature	178·6	154·3	167·0	...
Height, sitting	92·0	78·7	84·6	50·6
Do. kneeling	131·3	112·4	122·9	73·6
Span	190·0	164·7	177·8	106·5
Chest	95·8	70·6	81·3	48·7
Shoulders	42·8	36·9	40·3	24·1
Left cubit	51·4	44·3	46·9	28·1
Left hand, length	20·5	17·0	18·7	11·2
Do. width	8·9	7·6	8·2	...
Do. middle finger	12·6	10·4	11·9	...
Hips	27·8	23·6	26·3	15·7
Left foot length	28·1	23·6	25·7	15·4
Do. width	9·8	7·9	8·9	...
Cephalic length	20·1	18·2	19·2	11·5
Do. width	15·0	13·2	14·2	...
Do. index	79·0	68·0	74·0	...
Bigoniac	11·2	9·7	10·5	...
Bizygomatic	14·0	12·3	13·1	...
Maxillo-zygomatic index ...	84·4	77·0	80·1	...
Nasal height	5·3	4·0	4·9	2·93
Do. width	3·9	3·0	3·5	...
Do. index	87·5	61·2	73·1	...
Vertex to tragus	13·9	12·3	13·1	7·8
Do. to chin	21·5	17·3	19·8	11·9
Middle finger to patella	14·5	1·8	9·4	5·62

The individual, whose mid finger when standing at "attention" to the top of his patella gives the maximum measure, had a span which was 23·4 more than his height. In seven, the length of the left foot was greater than the breadth of the hips across the crests of the ilium. In ten, the nasal length was 5 cm. and over.

The statures of the first ten measured averaged 168·2 and the nasal index 76·6; otherwise the correspondence between the averages of 10 and of 25 is complete. Perhaps mixture of subjects belonging to the two sections

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of the clan is responsible for the rather important differences noted. 141 564*

Face.—Nasal notch is noted as deep in 3 and moderate in 1; in the others it was slight or not apparent. The nasal bone was raised above the line of the nose in 5, and depressed in 2. The following are brief notes of individuals:—

(1) Deep nasal notch. Forehead high. Supraciliary arches very slight. Chin long.

(2) Forehead high. Nasal point slightly raised. Nasal notch moderate.

(3) Nasal point depressed so that the nose has as it were a knob at the tip.

(4) Supraciliary arches not apparent to the touch. Slightly rounded nostrils. Teeth project forwards.

(5) Deep nasal notch. Supraciliary arches marked.

The posterior portion of the head of the individual whose nasal index was the minimum seemed to project uncommonly; but his cephalic length was no more than 19·4 or a little above the average.

Figure.—Two-thirds are noted as "slight," nearly one-third as "medium," and two (individuals) as stout. One was very lean.

Hair.—In rather more than half the number of subjects the hair on the head was noted as *thick* and *wavy*. In most of the others it was *moderately thick*. In two only it was thin. In two it was *curly*. A man aged 27 had very slight growth of hair on the face (none on the cheeks), but had a fairly strong growth in the small of the back. Individuals of 40, 42 and 62 were a little grey, while one of 45 was almost bald, and what hair he had was white. Very few had hair on the cheeks, or anything like a full growth thereof. It was observed in but two instances, and in a third as slight. But it is proper to remark that, in the earlier period of my investigations, I did not make special notes about whiskers. 142 564*

Hair on the chest is, as usual, not easy to gauge when there obtains the custom of shaving it periodically, every fortnight or every month. In about a quarter of the subjects the growth is noted as moderate, and in a sixth as thick; in the rest as slight or very slight. In the case of a man aged 45 the hair was white as well as thick.

Hair on the arms was moderate to thick in 13, slight to very slight in 11, and absent in 1.

Hair on the legs was, in every case but one, moderate or thick; in the case of one, very thick. The exception was in the case of a man sick and ill developed.

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*142 *564 *Colour of the skin* (*Broca's colour types*).—The fairest was No. 40 (one only); and the two next fairest were 30 to 44 and 39 to 44. The darkest was 43. The average seems to be a little darker than 29 but not so dark as 28. Darker than the Kiriyattil.

Colour of the eyes (Broca).—The colour of the eyes of half the number was as No. 1, and that of the other half as No. 2. One exception was between Nos. 1 and 10. The average therefore is a dark brown; not black.

*301 564 [304] *Ornaments.*—Ears pierced, and the usual earrings (kadukkans) worn by those who can afford them. In one case the earrings were set with a red stone. The ornaments or adornments of various individuals were as follows:—

(1) Bell metal ring on the ring finger of right hand.

(2) Two brass rings on ring finger of right hand. A string of wool thrice round the right wrist to keep off fever at night.

(3) Tattooed circular mark over glabella. The operator was a woman of the Chetti caste, a travelling tattooer, and the cost of the operation 2 pies.

[515] [789] (4) One gold kadukkan in each ear. Two copper rings on ring finger of right hand. Washing the face with a hand wearing a copper ring removes black spots on the face, and prevents them coming. So said the wearer.

(5) Two amulets, silver cylindrical cases containing mantrams, worn on a string round the waist to keep off fever and devils. Amulet cases are often worn on the waist in the way of ornament pure and simple.

163 *564 *Prolificness.*—In 12 families the children born were 29 males and 34 females, or an average of 5·2 children to each family.

● 141 The average weight of 4 individuals was 119½ lb.

The names of some of those examined.

Taravâd.	Name.	Occupation.	Age.
551			
*564 Blathâdi	Govindan	Cultivator	40
Râvâri Chandil ...	Kêlu	Do.	22
Palôli	Kunju	Do.	25
463 Murikolipôil ...	Shangaran	Trader	21
115 Kuttadath ...	Krishnan	Writer	20
Thaikandi ...	Appu	Cooly	26
Thazhathadathil ...	Châthu	Do.	24
Erankulangara ...	Kittan	Milk seller	25
Vêlashêri	Cherukoman	Cultivator	40
Chêlattumal ...	Kunhunni	Cooly	44
Patavetti	Châthukutti	Cultivator	62

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SÛDRA NÂYARS.

We now come to the Sûdra Nâyars, men and women of which clan supply the house servants in the Nambûtiri Brâhmans' houses. It is only a few who are occupied in this way, however, and of all those examined only one is noted as a servant. The subjects were found in various parts of South Malabar, a few from the neighbouring Cochin Native State.

Ages ranging between 22 and 52.	Maximum.	Minimum.	Averages of 25.	To stature = 100.
Stature	173·3	151·1	165·9	...
Height, sitting	90·8	78·8	85·8	51·7
Do. kneeling	128·3	110·1	122·9	74·1
Span	186·0	158·3	174·3	105·1
Chest	89·0	76·0	81·1	48·7
Shoulders	43·4	37·4	40·2	24·2
Left cubit	48·6	41·4	46·1	27·3
Left hand, length	20·8	16·8	18·7	11·3
Do. width	8·6	7·3	8·1	...
Left middle finger	12·1	9·9	11·1	...
Hips	27·9	24·0	26·0	15·7
Left foot, length	27·0	23·1	25·3	15·3
Do. width	10·3	7·8	8·9	...
Cephalic length	20·2	17·7	19·2	11·6
Do. width	15·3	13·0	14·1	...
Do. index	86·4	65·0	73·8	...
Bigoniac	11·4	9·4	10·5	...
Bizygomatic	14·1	11·9	13·1	...
Maxillo-zygomatic index	85·7	76·6	80·3	..
Nasal height	5·4	4·0	4·7	2·83
Do. width	4·2	3·3	3·7	...
Do. index	89·1	67·9	79·4	...
Vertex to tragus	14·4	12·5	13·3	8·0
Do. to chin	21·3	17·7	19·6	11·8
Middle finger to patella	15·7	7·0	9·9	5·97

Note.—The individual whose cephalic index is the maximum was measured in Palghat, where there are many Pattar (East Coast) Brâhmans; his father was, in all probability, one of them. The index of no other equalled 79·0. One broad headed man, whose father was known to have been a Pattar Brâhman, was excluded from the averages.

There were but three subjects whose nasal height was 5 cm. and over.

Face.—Slight prognathism was noticed in one. In another the posterior portion of the parietal was curiously flat.

141 *564 Some individuals were described in my notes—

(1) Nasal bones wide and thick. Teeth project.

(2) Lips thick and somewhat projecting. Chin receding. The flesh on the chin is thick, giving it a rounded lump like appearance. Inion appears to be in a projecting ridge round the back of the head. (Cephalic length 197.)

(3) Supraciliary arches slight. Nasal notch. Nose straight. Lips slightly everted. Teeth in upper jaw project forwards. Eyes deep set. Inner corner of eyes a trifle oblique.

The last two specimens are uncommon; not typical. The thick lips and projecting teeth are not usually noticeable as in their case. The long oval face is the common type. The fashion of wearing no hair on the face, shaving the head at the back and at the sides and a little over the forehead, leaving but the oval patch on the vertex, no head covering being worn, gives the face an appearance of length. But while the average of the measure vertex to chin, for all the Nâyars,* reduced to stature equals 100, is 11·9, the same for 21 of the 30 different castes† examined in Malabar is greater. The Mukkuvan is as high as 13·4, while on the other hand the Nambûtiri is less, being but 11·7.

[302] [291]

Figure.—One out of 25 is recorded as "stout." One-third were "slight." Nearly two-thirds were medium or thereabouts; and this seems to represent the average.

142 *564 *Hair.*—More than half are noted as having whiskers, that is, growth of hair on the cheeks. In two-thirds of the subjects the hair on the head was thick and wavy; in a few cases it was very thick. Individuals aged respectively 25, 32, and 52 were noted as being a little grey. In one-quarter of the total number the hair was thin to moderately thick. One individual of this clan is marked as having hair a little grey.

Hair on the chest.—Rather more than a quarter of the whole had thick to moderately thick hair. In the case of one man hair was thick all over the body, even on the back: everywhere except over the ribs, the front of the upper arm and shoulder. In another the hair on the small of the back was *thick*. In the greater number of individuals it was marked slight, and moderate, and in a few it was absent.

* Group A included.

† Counting each clan of the Nâyars separately.

*301 *564 Copper sheet on which the charm was inscribed in a silver cylindrical case. Copper ring on ring-finger, right hand.

(2) Two copper rings on the ring-finger, right hand. Belongs to the Ellenkiria, so wore no earrings.

(3) Brass ring, ring-finger, right hand. Also of the Ellenkiria.

(4) Copper ring, ring-finger, right hand. Gold earrings of the ordinary pattern.

(5) The ordinary gold earrings. Silver string round the waist; not exclusively ornamental. He fastened his loin cloth to it.

*163 *564 *Vital Statistics* were noted in but two cases. In one family there were two brothers and three sisters; in another, one brother and two sisters.

Names, etc., of a few Taravâd.	Name.	Occupation.	Age.
115 *564 Puthen Vîtil	Krishnan	Cultivator	52
Paritbil	Achutan	Do.	27
613 Malabîtil	Sivarâman	Do.	22
Cholale	Râman	Do.	20
551 Muthira	Narrâyanan	Teacher	26
463 Kanakath	Kunhi Krishnan * ...	Unemployed ...	22
Mannareth	Shangaran	Trader	30
Kûmbiyal	Kannan	Peon	25
Othianmâdattil ...	Gôvindan	Do.	33

NAMBIYÂR NÂYARS.

*553 *564 Men of this clan affix Nambiyâr to their name. Thus, Gôvindan Nambiyâr, Kêlu Nambiyâr.

● 141 *564

Ages ranging between 20 and 40.	Maximum.	Minimum.	Averages of 22.	To stature = 100.
Stature	177·1	155·7	165·1	...
Height, sitting	89·3	80·0	84·2	51·0
Do. kneeling	129·8	115·0	122·0	73·9
Span	188·0	166·5	175·3	106·2
Chest	84·0	75·0	80·3	48·6
Shoulders	42·8	37·8	40·0	424·2
Left cubit	50·5	43·6	46·0	27·9

* This individual had 'Menon' instead of Nâyar after his name, he having been invested with the distinction by the Zamorin.

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NAMBIYÂR NÂYARS—*cont.*

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Ages ranging between 20 and 40.	Maximum.	Minimum.	Averages of 22.	To stature = 100.
Left hand length	20·0	17·7	18·4	...
Do. width	8·5	7·3	7·8	...
Do. middle finger ...	12·5	10·3	10·9	...
Hips	26·7	24·4	25·4	15·4
Left foot length	27·2	23·6	25·2	15·3
Do. width	9·2	8·0	8·6	...
Cephalic length	20·6	18·3	19·2	11·6
Do. width	15·4	13·2	14·1	...
Do. index	79·3	69·4	73·7	...
Bigoniac	11·5	9·1	10·3	...
Bizygomatic	13·5	11·9	13·0	...
Maxillo-zygomatic index ...	87·1	73·8	79·2	...
Nasal height	5·5	4·2	4·8	...
Do. width	4·3	3·2	3·7	...
Do. index	92·9	62·7	77·3	...
Vertex to tragus	13·9	12·2	13·0	7·9
Do. to chin	21·4	18·2	19·7	11·9
Mid finger to patella	15·7	6·5	10·4	4·73

Note.—Although the number of subjects is limited to 22, the averages may be accepted as correct. The averages for 10 and for 25 are, as a rule, identical; in a few there is a trifling difference, but nowhere is the difference more than trifling.

In eight individuals the nasal height was 5 cm. or over. This is about 36 per cent.

In four the nasal index was 90 or over, and in four it was less than 70.

Face.—Observation was recorded in but nine instances.

The reason for this which seems to give examination of subjects a somewhat casual character, is that during the early part of my investigations my notes as to physical characteristics, shape of the nose, etc., were less complete than they were later on. Very seldom, in fact only in the case of the Irulans, was one caste examined completely at a time. It was impossible to work on the people caste by caste. Official duties rendered it impossible to regulate one's peregrinations so as to do so. Subjects were taken where and when they could be got hold of anywhere in the district.

In two cases only the supraciliary arches were rather prominent; in the others, slight or absent.

141 *564 In four the nasal point was somewhat elevated. Slight prognathism with projecting teeth was observed in one individual, an unhealthy person.

Figure.—Seventy-one per cent. of the subjects were noted as "slight," 29 per cent. as "medium" and of those but two individuals are put down as "sturdily built."

142 *564 *Hair.*—In three individuals hairiness was conspicuously apparent, there being hair nearly all over the body, and in one of these the hair in the small of the back was so thick that in my notes it is described as "like a bush."

On the head.—In nearly 80 per cent. of the subjects the hair on the head was "plentiful and wavy"; in a few of these it was "very thick," while in the remaining 20 per cent. it was "moderate." In no case was it noted as "thin" or "slight." The number of subjects in which growth of hair on the cheeks was noted was one-fifth of the whole.

On the chest.—In nearly a quarter, the hair on the chest was noted as "thick."

On the arms.—In most cases it varied from "very slight" to "moderate." Rarely "thick."

On the legs.—In nearly half it was "moderately thick" to "thick"; in the remainder, slight to moderate.

Colour of the skin.—It should have been noticed before that the colour of the face of the ordinary Malayali is invariably lighter than that of the body; possibly from the prevailing custom of using the umbrella. Malabar is for the most part shaded by trees and palms, and its peoples have not that disregard for the sun's javelins which we see in the country to the eastward. No one [293] starts on a journey, and rarely leaves his house, without [177] his umbrella—the thing of cadjan now being by degrees replaced by the cheap umbrella of European manufacture. The labourer working in the field, the fisherman 292 in his boat on the sea, the boat-man on the backwater, 751 all wear a large umbrella-like hat. Women always carry an umbrella out of doors; or, as in North Malabar, an umbrella hat-like thing which seems to be a curious survival of the custom of wearing an umbrella hat, is carried. This is, apparently, an ordinary umbrella hat, but the central part, which appears to be made to fit the head, as in the ordinary umbrella hat, is too small by half to fit any head, and this hat-like umbrella is carried in the hand to shield the head from the sun and the face

from the inquisitive passer-by. The fact remains that the Nâyar, of whom we are now speaking, who never or very rarely wears any covering on the head, cannot withstand the effect of the direct rays of the sun without an umbrella. A few hours' walk in the midday sun where there is little or no shade, is sufficient to bring on fever to the ordinarily strong man. 292 751

Colour of the skin was taken generally on the right arm just below the shoulder, the book containing the colour types being pressed against the skin. 142 564*

The fairest was No. 44 (Broca).

The darkest was No. 28 (only one of this).

More than half were 29 and fairer, and the remainder were still fairer, several being 44 or very nearly.

Colour of the eyes.—In about three quarters of the subjects the colour of the eyes was No. 2 (Broca); in about one-quarter they were 1 to a trifle darker. In one individual the colour was between 2 and 3; a light brown.

Ornaments.—One or two golden kadukkans are commonly worn in each ear by those who can afford them. Ears pierced always. Though not for purposes of ornament, the ears of two individuals were marked by holes—pieces cut out of the cartilage. In one there was a circular hole 4 mm. in diameter, cut out of the cartilage of the right ear, and in another a circular hole 6 mm. in diameter in the left ear. In both cases the holes had been made during childhood to prevent colic. 301 564* [304]

The ornaments worn by a few individuals were as follows:—

(1) One tambâk ring on ring finger, right hand. One iron ring on the little finger of the left hand.

(2) One gold kadukkan in each ear. One plain gold ring on the ring finger of the right hand. Wore a silver girdle on the waist instead of a string, to which he fastened his lunguti.

(3) Silver cord round the waist; on it a silver amulet case, of the usual shape, having inside it a charm written on a gold leaf to protect the wearer against the evil eye. [589]

(4) One silver ring on ring finger of the left hand. Two gold kadukkans in each ear.

Miscellaneous.—One man was tested, and found to have perfect vision. Weight was recorded in five cases only; the average was nearly 110 lb. which is probably not far from the general average. 141 564* [157]

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Names, etc., of some of those who were examined are given below :—

Taravâd.	Name.	Occupation.	Age.
Pathushêri	Kanâran	Rent Collector (for a temple).	22
Mâvila	Kumâran	Cultivator	21
Châlayil Kandôth ...	Châttu	.....	22
Puthiotil	Râman	Servant	22
Chalil Kannôth ...	Anandan	Cultivator	25
Ramath	Kunhi Râman ...	Landlord	34
Kalliat-panôli ...	Râmuni	Stamp vendor ...	30
Thêrugandi	Paidal	Cultivator	25

PURATTU CHÂRNA NÂYARS.

Men of this clan bear the affix Nâyar after their name, as Gôvindan Nâyar, Gôpâla Nâyar.

Ages ranging between 20 and 70.	Maximum.	Minimum.	Averages of 25.	To stature = 100.
Stature	174·8	155·0	166·1	...
Height, sitting	92·4	77·7	85·3	51·3
Do. kneeling	130·2	113·7	122·7	73·9
Span	184·1	155·6	174·0	104·7
Chest	87·6	69·7	79·6	47·9
Shoulders	43·9	33·3	39·6	23·9
Left cubit	49·1	42·0	45·8	27·6
Left hand length	19·3	16·8	18·5	11·1
Do. width	8·3	6·5	7·9	...
Do. middle finger	11·6	9·8	10·5	6·3
Hips	28·0	23·8	25·7	15·5
Left foot length	27·4	22·3	25·3	15·2
Do. width	9·9	7·4	8·7	...
Cephalic length	20·6	17·6	19·5	11·7
Do. width	15·5	12·9	14·5	...
Do. index	81·5	65·2	72·2	...
Bigoniac	11·1	9·3	10·3	...
Bizygomatic	13·9	11·7	13·0	...
Maxillo-zygomatic index	88·8	73·9	79·5	...
Nasal height	5·2	4·0	4·8	2·88
Do. width	3·9	2·9	3·6	2·17
Do. index	90·0	56·9	76·8	...
Vertex to tragus	14·4	12·2	13·1	7·9
Do. to chin	21·1	17·5	19·8	11·9
Middle finger to patella	17·5	5·3	10·7	6·44

Cephalic length.—In 8 individuals or 32 per cent. of the whole, the cephalic length was 20·0 or over. The maximum cephalic width (of one individual only) is abnormal; the next nearest to it is 14·8. In 6 individuals the nasal

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length was 5 cm. or over. In one individual the iliac bone was much higher at the right side than on the left. 141 564*

Face.—A few individuals were noted thus—

(1) Deep nasal notch. Nasal point slightly elevated. Helix of ear very thin; the Darwin's point in the centre of the curve on the left and high up on the right.

(2) Deep nasal notch. Chin receding. Lips thick.

(3) Slight nasal notch. Supraciliary arches developed at outer edges. Chin recedes.

(4) Supraciliary arches and glabella in one marked ridge. Nasal point somewhat raised. Nasal notch.

(5) Very deep nasal notch. Very wide and thick eyebrows.

Figure.—More than half are marked as slight—a few of them "very slight"; the rest "medium." None "stout."

Hair.—As a rule, to which exceptions are very few, hair on the head is thick and wavy: curly in the case of one individual. The hair of a man of 70 was noted as "very thin and grey." A man of 31 also had hair which was "thin and grey," but he was exceptional. The growth of hair on the cheeks—whiskers—was observed in almost every subject. 142 564*

Hair on the chest.—The average is "moderate."

On the arms.—The growth of hair in half of the subjects was "slight to very slight"; in the other half, "moderate to thick."

On the legs.—It was noted as "moderate" to "thick" in more than three-fourths of those examined; in a few, "slight."

The growth of hair of a few individuals is here specified—

(1) Aged 54. Hair on the head moderately thick and grey. Hair on the face white. Growth of hair on the cheeks. Hair all over chest grey. Very long thick hair on the back. Hair on the legs and arms thick.

(2) Aged 36. Hair on the head moderately thick and wavy. Glossy black. On chest and middle line of abdomen, moderate. On the arms and legs moderately thick. Shaves the head (except the crown), face, chest, abdomen, wrists and hands, about every 15 days. [302]

(3) Aged 28. Hair on the head thick and wavy. Growth of hair on cheeks; on the chin it is very thick. On the chest, moderate; on the arms, very slight; on the legs, thick. Does not shave his chest, as doing so would make him weak; on the other hand, if he does not shave his head and face, he will become sick. [302] [753] [826]

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* 564

AKATTU CHÂRNA NÂYARS.

This is one of the relatively inferior clans. It is not one of the fighting clans, as the Purattu Châma. The clan is divided into two sub-clans, one of which looks to the Zamorin as their lord, and the other owns lordship to minor lordlings, as the Tirumulpâd of Nilambûr. The former are superior; and a woman of the latter may mate with a man of the former, but not *vice versâ*. The men, but not the women of the two sub-clans, may eat together. There is no distinctive name for the sub-clans. As mentioned already, women of this clan are under no restriction as to residence or travel as are those of the superior clans; hence, of late, officials in North Malabar, officials or vakils residing in Madras, have been wiving with these women. The women may mate with men of their own or of any other clan or with a Nambûtiri. Not so the men, who can marry women of their own clan only.

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Ages ranging from 20 to 44.	Maximum.	Minimum.	Averages of 25.	To stature = 100.	Remarks.
Stature ...	179·4	154·7	165·0	...	
Height, sitting ..	92·0	79·7	85·5	51·8	
Do. kneeling ...	132·6	113·8	122·3	72·1	
Span ...	190·4	161·9	175·2	106·2	
Chest ...	89 0	76·6	81·0	49·0	
Shoulders ...	42·5	37·4	40·1	24·3	
Left cubit ...	31·1	42·4	45·9	27·8	
Left hand length ..	21·2	16·9	18·4	*11·1	* 11·15
Do. width ...	8·8	7·3	8·0	..	
Left middle finger ...	12·7	10·1	10·9	6·6	
Do. hips Do. ...	28·4	24·1	25·9	15.7	
Left foot length ...	28·7	22·3	†25·1	15·2	† 25·15. In one subject greatest length was measured to the second toe.
Do. width ...	9·8	7·9	8·8	...	
Cephalic length ...	20·4	17·0	19·1	11·6	
Do. width ...	15·5	13·0	13·9	...	
Do. index ...	80·6	67·2	72·8	...	
Bigoniac	11·2	9·8	10·5	...	
Bizygomatic ...	14·2	11·8	13·0	...	
Maxillo-zygomatic index.	85·4	78·5	81·2	...	
Nasal height ...	5·4	4 0	4·7	2·84	
Do. width ...	4·1	3·1	3·6	...	
Do. index ...	90·9	63·0	77·0		
Vertex to tragus ...	13·9	11·8	13·9	7·9	
Do. to chin ...	20·9	17·9	19·6	11·9	
Middle finger to patella.	13·5	3·3	9·9	5·97	

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In three the cephalic length was 20 cm. or over. In nine the nasal height was 5 cm. or over.

Face.—The notes made on a few individuals will be set down here. In most cases the supraciliary arches were well marked, and the nasal notch was deep. Nose generally straight, or nasal point slightly raised. Prognathism rare. Lips, especially the lower lip, often very thick.

(1) Very well bred looking. Eyebrows fleshy and thickly marked. Supraciliary arches very slight. Deep nasal notch. Nose straight; nasal point raised very slightly—and very well shaped. In the left ear a very small hole above the usual one in the lobe; I have not noted why it was made.

(2) Supraciliary arches rather prominent. Upper portion of forehead somewhat protuberant. Deep nasal notch. Nasal point raised. Lower lip thick. This man's father was a Nambûtiri. He appears in the plate.

(3) Forehead high. Deep nasal notch. Slight prognathism. Lower lip very thick.

(4) Supraciliary arches not marked. Nasal notch moderate. Lips thin.

Two out of the twenty-five were deeply pitted with small-pox, the Malabar goddess of small-pox, Bhânnâramûrti, having hurt them. In one man the broadest part of the head was above the ears, a little in front.

Figure.—The number of those put down as slight and those put down as medium are about equal.

Hair.—Worn in the usual Malayali fashion which has been described already and, as a rule, plentiful and wavy; treated with gingelly oil, which is sometimes perfumed. The number of individuals whose hair (on the head) was noted as "very thick and wavy" is abnormally large. A young man aged 24 had some white hairs here and there on his head; a man of 35 was a little grey; a man of 39 also; and one of 44 was quite grey. Whiskers or growth of hair on the cheeks were observed in more than half the number of subjects. In several there was hair, fairly thick in some, in the small of the back, and one man had thick hair all over the back.

Hair on the chest was "moderate" or "thick" in more than half.

Hair on the arms was "moderate to thick" in about half; in the other half "slight."

Hair on the legs was, as a rule, thick: rarely less than moderately thick. The legs of one man were like those of a bear.

The hair on the person of a youth aged 20 (No. 1 above) was noted thus—

(*a*) On the head very plentiful, black, glossy and wavy; treated with gingelly oil. Sprouting on the lip and chin. A small patch of moderate thickness on the sternum; slight on the arms; moderate on the legs.

Another, aged 25—

(*b*) On the head very thick, and approaching the outer edge of the eyebrows. Thick on the chest and mid line of abdomen, although these parts have been shaved recently, as also the arm pits. Thick hair in the small of the back. Slight growth on the back. Moderate on the arms; thick on the legs.

The individual (*a*) said he shaved any day of the week, and any day of the month. He was the Kârnavan of his Taravâd: a very youthful one.

Colour of the skin.—The fairest was between 33 and 40 (Broca); the darkest was 43 (redder). The average seems to be between 29, 37 and 44.

Colour of the eyes is a light brown. The actual numbers are—

Of colour type No.	1	(Broca)	5	individuals.	
" " "	1 to 2	"	6	"	
" " "	2	"	7	"	
" " "	2 to 3	"	5	"	

(Two were not included.) So that, although the eyes of rather more than one-fifth were dark brown, what would ordinarily be called black, the remainder were distinctly lighter in colour; and the number of persons whose eyes might be called quite a light brown, equalled those whose eyes were nearly black.

Weight of but 3 was recorded. The average is 105½ lb.

Prolificness.—In the 8 recorded instances the average number of children in each family was 3·7. It will be remembered that this clan is perhaps most of all under process of intermixture, its women mating with men of several higher clans (their own included) and with Nambûtiris.

Ornaments.—Ears are always pierced, and the usual Malabar earrings—kadukkans—are worn; sometimes as many as four in each ear. Individuals were noted thus—

(1) Aged 24. Circular patch of sandalwood paste, 1·8 cms. in diameter over the glabella. Two stripes of sandalwood paste on each upper arm. No ornaments,

6:Fawcett G-5 (ca. 1900)1915
AW11 Kerala AW11
Nayar

KURUP NÂYARS.

The number examined, 8, is not, of course, enough on which to base dependable averages. The men of this clan are—judging by the average such as it is—the tallest of all those examined. Tall, straight, well-bred looking men they are, carrying with them an air of independence and self-respect as one of the old fighting clans. It will be observed that the cephalic length is greater than the average for all the Nâyars, while the cephalic index is less, showing that they are longer headed, and more dolichocephalic than the average Nâyar. Again, the measure of vertex to chin is much greater than in any other clan; and their faces are narrower. The index $\frac{\text{Bizygomatic} \times 100}{\text{Vertex to chin}}$ gives the Nambûtiri one of 69.5, all the Nâyars excluding the Kurups 66.2, and the Kurups 64.5.

The men are called by their clan name, Râma Kurup, Krishna Kurup, Gôvinda Kurup. The name Rama seems to be a favourite one, as four out of eight were so called.

Ages ranging between 20 and 72 *.	Maximum.	Minimum.	Averages of 8.	To stature = 100.
Stature	174·9	163·4	167·1	...
Height, sitting	88·8	82·9	85·7	51·3
Do. kneeling	130·3	120·2	124·1	74·3
Span	184·8	173·0	178·6	106·8
Chest	89·4	78·3	82·4	49·3
Shoulders	42·2	38·8	40·4	24·2
Left cubit	51·0	45·1	47·5	28·4
Left hand length	20·8	18·2	19·3	11·5
Do. width	8·8	7·7	8·2	..
Left middle finger	12·3	10·9	11·5	6·9
Hips	28·4	24·5	26·4	15·2
Left foot length	28·0	24·9	26·4	15·2
Do. width	9·5	8·0	8·8	...
Cephalic length	20·6	18·9	19·5	11·7
Do. width	14·6	13·4	14·0	...
Do. index	74·6	68·9	72·0	..
Bigoniac	10·9	9·6	10·3	...
Bizygomatic	13·7	12·3	13·1	...
Maxillo-zygomatic index	83·5	76·7	79·6	...
Nasal length	5·3	4·4	4·8	2·87
Do. width	3·9	3·4	3·7	...
Do. index	84·1	64·2	76·2	...
Vertex to tragus	14·3	12·3	13·2	7·9
Do. to chin	21·8	19·0	23·3	12·1
Middle finger to patella	13·0	3·6	9·2	5·51

* The man who said he was by his horoscope 72 was put down by me as looking 58.

6:Fawcett G-5 (ca. 1900)1915
AWll Kerala AWll
Nayar

In two individuals (out of 8) the cephalic length was over 20 cm. In three the nasal height was 5 cm. and over.

Face.—The notes made on two subjects are—

(1) Forehead high. Supraciliary arches distinctly developed. Very deep nasal notch. Nasal point elevated above the line of the nose.

(2) Supraciliary arches not apparent. Nasal point slightly elevated.

Figure.—The greater number are noted as slight; about one-third as medium to stoutly built.

Hair.—Much as those of the other clans. The man who said he was 72, but who looked 58, showed no sign of baldness; his hair was but moderately grey. Another, aged 36, a very strongly-built man, was becoming bald. Baldness at his age is, I should say, rare.

Colour of the skin.—The average is a trifle darker than 29 (Broca). The fairest was fairer than 29, and the darkest was No. 43.

Colour of the eyes.—The average colour of those examined is between 1 and 2 (Broca).

Ornaments call for no remark; they are much as those worn by other Nâyars. Ears are always pierced and earrings worn.

It would be profitless to deal separately with the measures of the individuals comprising the group A in the same way as the others which are more or less complete, with the exception of the Kurup clan. As said already in the group A consists of—

2 of the Nelliôden clan.	3 of the Pallichan clan.
2 „ Viyyûr clan.	1 „ Muppattinâyiran clan.
1 „ Vangilôth clan.	2 „ Vyâpâri clan.
1 „ Kitâvu clan.	1 „ Attikkurissi clan.

and their measures taken collectively have been quoted. The Attikkurissi are endogamous, and the Kitâvu do not wear earrings.

At page 60, Bulletin, Vol. III, No. I, where, speaking of the Nambûtiri Brâhmans, it was said that possibly it may be found that marriage between a brother's daughter and a sister's son may be found to produce the finest issue; to be the best for preservation of the race. This kind of marriage of first cousins, but never of progeny of sisters or of brothers, is in a general way the rule throughout Southern India, and it obtains amongst the